

# Saunders case a double murder, father says

Loretta's dad wants justice for both his daughter and her unborn baby PAGE3

# No end in sight for Gaza conflict

Israeli defence minister pledged to keep fighting and Hamas said it won't agree to an unconditional ceasefire

# Singing the Blue Jay blues

The team didn't put up much of a fight against the Red Sox, who beat the Jays 14-1

PAGE 17

# KING OF POP PARODY FOILS CHART-TOPPERS

WEIRD AL YANKOVIC'S LATEST ALBUM, MANDATORY FUN, NETS THE JOKESTER HIS FIRST-EVER BILLBOARD NO. 1 DEBUT. USE METRO AR FOR AL'S TAKE ON WORD CRIMES

AGE 13



# What do we have to be proud of?



Scott Jones, in blue, is surrounded by family, friends and members of the community during a rally in May of this year. PATRICK MCKENNA/FOR METRO

# Pride in our city.

Metro explores what life is like for our LGBTQ community



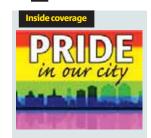
RUTH DAVENPORT

Rainbow flags are everywhere in Halifax at the moment, sharing in the 27th annual Halifax Pride message of acceptance and inclusivity.

But what happens when the festival ends? Do all the uplifting words and positive attitudes last? Do people, charities, companies and government agencies walk the walk the rest of the year?

"I don't know that we are as tolerant as we think we are," said Ed Savage, a former Halifax Pride chair. "If we were tolerant, we'd be doing more. There would be more gay organizations in Halifax. We don't even have a gay resource centre in Halifax."

Last fall, Metro asked HRM residents how tolerant we are of LGBTQ individuals, and the results were positive — the city got a grade of about 7.3 out of 10.



- Halifax cop talks about being gay on the force: Page
- Our first openly gay MLA opens up: Page 4

But Savage and other members of the LGBTQ community say that's a little rosy.

Maureen Shebib, who took part in Halifax's first Pride march in 1988, says there is still discrimination, both at the individual and institutional level.

"The degree to which the transgender community has had to fight for reassignment surgery ... defies any logic, because ... (it isn't) a health care cost that couldn't be borne in Nova Scotia," said Shebib, a lawyer who spent several years with the Human Rights Commission. "So I see that as

systemic (homophobia,) it's embedded in policies and practices ... and regulations at the government level."

Halifax now has a LGBT Business Association, which launched last fall with a dozen members. Destination Halifax works closely with the LGBTQ community to make this a gay-friendly destination, and the city is recognized as such by several travel websites and organizations.

But Halifax Pride chair Ramona Westgate says despite many tangible advances, there remains silent and subtle intolerance, a more difficult and sometimes dangerous form of discrimination.

She cites Pride Parade marshall Scott Jones' assertion the stabbing last fall that left him paralyzed was a hate crime, a belief he said was based on "a look" he exchanged with his assailant.

"If you haven't had that look, if you've never felt what that is, then you don't understand it," she said.

"But ... many of us in our community have had those experiences where we know what the feeling is behind a look, and what that feeling is of being judged."



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# y

# Saunders' family wants justice for daughter's baby

**Trial.** Father says case should be double-murder

DESIREE FINHERT

halifax@metronews.ca

The father of murder victim Loretta Saunders says the Canadian justice system should recognize that his daughter was pregnant at the time of her murder and it should be able to lay charges in the baby's death as well.

Loretta was in the first trimester of her pregnancy, living in Halifax, when she was killed Feb. 13. Her body was discovered two weeks later on the Trans-Canada Highway in Moncton.

"It's a human being, a living human being and I think the courts should recognize this," Clayton Saunders told reporters outside provincial court on Monday, the first day of the preliminary inquiry.

"They should be charged with a double murder, double first-degree murder because she was going to have a baby."

Blake Leggette, 26, and his girlfriend Victoria Henneberry, 28, are charged with first-degree murder. They were subletting a Cowie Hill apartment from Loretta and apparently owed her money.

owed her money.

"Baby killer," was shouted at Leggette as he was taken from the sheriff's vehicle into the courthouse.



In court

Four and a half days have been set aside for the trial, with an additional day booked on Aug. 1.

Leggette appeared with a closely shaved head and short chin beard. During the first witnesses testimony, Leggette mostly looked straight ahead without showing emotion. At one point he held his head in his hands.

Henneberry also mostly



sat looking straight ahead, but at one point tucked her knee up to her chest and cradled her face in her arms

Sobs could be heard from

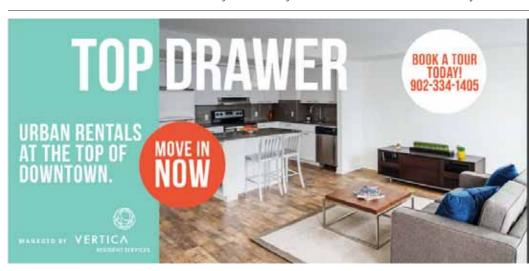


the people in the gallery and several people left the courtroom during the witness's testimony.

"I'm not in court," said Clayton Saunders. "I don't think I'll be able to handle it because the people coming out are saying it's really hard."

The Crown is prepared to call 15 witnesses to the stand, including police officers and Loretta's mother, brother and sister.

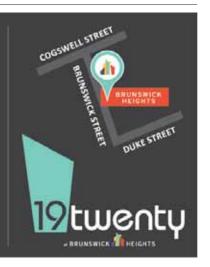
"We have a realistic prospect of conviction and we intend on prosecuting these individuals with the evidence we have," said Crown attorney Christine Driscoll. "At any point, if defence has anything they want to bring and talk to us, we're always open to discuss with them."



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metronews.ca Tuesday, July 22, 2014 metr⊕ **NEWS** 

# Looking beyond all those rainbow flags in the city



The Pride in our city can be felt everywhere.

From city hall to Province House, from grocery stores to neighbourhood coffee shops, the rainbow colours of the Pride flag are being flown throughout the city for the 27th annual Halifax Pride Fes-

This is on top of the tens of thousands of people who will attend events to celebrate and support the city's LGBTQ community, most notably on Saturday for the popular Pride

The festival has turned into one of the city's biggest annual events, helping to showcase Halifax as what many believe it is - an accepting and inclusive city. But what about the other 51 weeks of the year? How is it for LGBTQ citizens who live and work and raise families in Halifax?

Metro Halifax wanted to explore this topic, going beyond the regular coverage we give

Over the next four days, you will hear what it's like to live here from members of the LGBTQ community in Halifax.

Are we as accepting as we think we are? Are we intolerant without even knowing it?

While it's nice to think we are as inclusive as we should be, these stories clearly show there is more work to be done.

And while the smiles, laughs and fun had over Pride are important, so is remembering that being an inclusive city goes well beyond waving a flag once every 12 months.

PHILIP CROUCHER/ METRO HALIFAX MANAGING EDITOR

# 'Dyke coming on shift'

**A challenging job.** Gay Halifax Regional Police detective felt intolerance and isolation when joining the force



**RUTH** DAVENPORT

It was so difficult to join Halifax Regional Police that Det. Const. Debbie Carleton says she wouldn't do it again but she's hoping her experience will help improve the situation for other LGBTQ members and the broader community.

The 19-year-veteran of the municipal force, who is gay, doesn't betray much emotion as she describes the homophobic behaviour she encountered — even before starting.

"My very first day, there was already a rumour that there was a dyke coming on the shift," she says, without resentment or anger. "They hadn't even seen me, or talked to me or met me, just these fears."

Carleton wasn't out when she joined HRP, but was prepared to tell anyone who asked directly she was gay though no one ever asked. And as the lewd jokes, whispers and sly digs persisted, both from peers and superiors, she went to greater lengths to hide her personal life, never taking part in work



events and refusing to name her partner as a beneficiary on insurance paperwork.

"There's the banter, the

"I'm hoping that we, as an organization, are looking at this issue in a progressive manner ... that we're not going to be reactive, we're going to be proactive in terms of supporting and representing the gay community."

HRP Det. Const. Debbie Carleton

jokes, daily you get the sense from listening to how they talk that there's still a real underlying homophobic type of atmosphere in the policing subculture," she says.

When Carleton did come out, in 2005, it was for the same reason she decided to speak with Metro in 2014: to show other LGBTQ police officers and the broader community that they have an ad-

to me for advice or support or that kind of thing," she said. "I decided I needed to do something to change attitudes. Because they shouldn't be coming to me, they should feel free to go to any police of-

police departments in build-

ing bridges through measures such as a diversity officer dedicated to the LGBTQ commun-

HRP has a diversity officer, and at one point the officer was mandated to deal specifically with race relations and racial diversity.

But now the position focuses on all diverse communities in Halifax.

"You're dealing with gay people in every culture, gay people plus their friends, their family, their loved ones, their children," said Carleton, adding Chief Jean-Michel Blais is open to looking at the issue. So when you take into consideration those numbers, that is the largest diverse community in HRM by far."

Attitudes within the department have changed since she was just a "dyke coming on shift" 19 years ago, but Carleton says HRP — which includes several openly gay members who are female, but none that are male — still has a lot of learning to do about acceptance.

"Ĥaving an inclusive environment starts from the top down," she said. "If we have senior managers who are still allowing ... certain words and phrases, the jokes, they need to understand that's going to affect other members.

Carleton says she became a police officer to help people, and helping LGBTQ residents feel safe about approaching someone in uniform — or putting that uniform on — is what will make her own difficult journey worthwhile.

"Ĭt's important to have people be able to visualize that there are gay people in our department, that the community has, sees and knows a gay person that they can come she said. "And (officers) leading the Pride parade, one day we'll be walking down with our partners instead of having family members walk

# MLA. **Joanne Bernard on** being out at Province **House**

When Dartmouth North MLA Joanne Bernard introduced her wife to colleagues on the provincial legislature floor, 'that was the best day," she said Sunday.

Bernard became Nova Scotia's first openly gay MLA and cabinet minister when she was elected last fall.

That had never been done before," she recalled after throwing the opening pitch at the Dykes vs. Divas Softball Game Sunday, held annually on the Halifax Common as part of Pride celebrations and to raise funds for the Rainbow Refugee Committee.

'Fifty other MLAs stood up and clapped, because they realized that was historic," she said while sitting beside her wife of six years, Annette Hill, in the Dykes dugout.

Bernard walked up to the pitching mound proudly, in front of thousands of colourful fans who stopped by the park to take in the entertaining

"This is for every lipstick lesbian, every gay boy, who has ever been told that they throw or they play like a girl," she declared. "Because in my world, that's awesome."

Bernard, also minister of community services and responsible for the advisory council on the status of women, said making her private life public was an important discussion, but so far it has been a positive experience for the couple.

"Years of these events have helped that process, so that people who are thinking of running politically can understand that even though homophobia still exists, it can be overcome," Bernard said.

"At the end of the day, you're either going to accept this or you're not," Hill added. "We're all the same; we all have the same hopes and dreams." KRISTEN LIPSCOMBE/METRO



vocate in the police force. "People I had known in the community ... had come

According to Carleton, LGBTQ people across Canada tend to fear police and are reluctant to report assaults, verbal abuse and property damage — but she says Halifax is years behind other major

# Blood donation policy for gay men 'outdated,' student says

**Five-year deferral period.** CFS organized an education initiative on blood donation policy

# KRISTEN LIPSCOMBE

For 20-year-old Sean MacIsaac, knowing he would have to abstain from having sex with other men for five years before donating blood is a "belittling" reality.

tling" reality.

"The gay blood ban is an outdated and misinformed policy," he scribbled in blue and yellow chalk on the sidewalk outside of the Halifax Public Library, as part of an education initiative held Monday by the Nova Scotia arm of the Canadian Federation of Students.

"People need blood transfusions," said the third-year University of King's College student from Antigonish. "To put a blanket over all gay men and say, 'You can't donate' is a big waste."

MacIsaac added that the



Canadian Blood Services regulation is "stuck in the '80s."

"It's a huge stereotype that gay men all have HIV," he said.

Provincial Canadian Federation of Students chair Anna Dubinski agreed the policy makes "judgments on folks based on their identity, as opposed to their actions."

Dubinski said Health Canada last year did approve changing what was a lifelong ban on homosexual men giving blood to a "five-year deferral period."

End the Blood Ban is a national campaign that was scheduled this week during pride festivities.

The federation invited passersby to sign their names inside outlines of blood droplets drawn on the pavement, or to add their own artwork to the colourful collage.

Spencer Morris, 14, stopped by and wrote words such as "hope," "love" and "equality" onto the downtown sidewalk.

Canadian Blood Services

spokeswoman Michelle Thibodeau Coates said Monday the not-for-profit group is "hearing all voices."

"It all needs to be based on scientific evidence," she said from Saint John, N.B. "We need to be able to show that no additional risks have been introduced into the system."

Once that data is collected, she added, Canadian Blood Services will consider "making a change."

## Brief relationship

# Woman charged with extortion, uttering threats

Police in Halifax charged a 27-year-old woman with extortion for allegedly demanding money from an ex-boyfriend and for threatening to harm him.

The victim, 46, reported the incident to police on Sunday after he allegedly started getting threatening messages from a woman he met online.

Police say the two had a brief relationship, which the man ended.

The 27-year-old was arrested on Monday and appeared in provincial court Monday afternoon. METRO

#### Truro

# Man charged with killing family's cat

A man accused of viciously killing a Truro family's pet cat is scheduled to appear in provincial court Aug. 27.

Wrangler, who belonged to a Truro family, was killed on July 12.

Stephen Gregory Tynes, 29, is charged with killing a cat "willfully and without cause."

He was charged after witnesses said they saw a man coax a cat off a doorstep on Fairview Drive at about 3:20 a.m. on July 12, after which he allegedly grabbed it by the hind legs, lifted it over his head and swung it down onto the ground. TRURO DAILY NEWS

## **Donation policy**

"With all these people that do need blood, and there's an entire population that's told that they can't do it, it's really frustrating to know that."

Sean MacIsaac, a student at University of King's College on gay men not being able to donate blood

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# Judge to rule on bail for accused in attack on homeless man

## Six stand accused.

Victim found bloodied near his makeshift home in North Sydney

A provincial court judge is expected to rule Tuesday morning on a bail application for one of six accused in the brutal assault of a homeless man.

Judge David Ryan reserved decision after presiding Monday over a bail hearing for Jennifer Lynn MacLeod, 22, of Calabash Road, Boularderie.

MacLeod is charged with aggravated assault, wearing a

disguise (a bandana) in committing an offence and two counts of breaching court orders.

MacLeod and five others are charged with the July 14 attack on 48-year-old Kurtis Shawn Jack.

Jack was found bloodied and bruised in the parking lot of an Atlantic Superstore in North Sydney. He is now in a Halifax hospital with serious injuries to his head and other areas.

Jack had been living in a homemade shelter in the woods behind the Superstore along with his dog.

along with his dog.
Also Monday, bail hearing dates were assigned for

others accused in the case.

Gordon William Bobbitt, 47, and James Darren Clarke, 34, both of North Sydney, are charged with obstruction of justice and appeared in court Monday via video.

Their bail hearings are scheduled for Wednesday.

While in custody, all of the accused are to have no contact with each other.

Both men were arrested over the weekend as Cape Breton Regional Police continue their investigation.

Police say they have seized a wrench and a bandana from a home in North Sydney.

CAPE BRETON POST

# Missing suspect caught



Cory Patrick Richard Blinkhorn, 22, of North Sydney was

arrested on Monday evening in Sydney Mines. A warrant was issued last week for Blinkhorn, who is charged with attempted murder, aggravated assault and wearing a disguise in committing an offence.

# \$3-billion development

# Agreements set for LNG plant

Nova Scotia energy minister Andrew Younger says he welcomes news that Indian company H-Energy has signed memorandums of understanding with customers for half of the planned output from a proposed liquefied natural gas plant and export terminal in Guysborough County. THE CANADIAN PRESS

# Bear trapped near dog park in New Glasgow

A bear that was spotted near an off-leash dog park in New Glasgow has been caught.

The bear was caught in a live trap by the Department of Natural Resources, said spokesman Bruce Nunn.

The bear was removed from the area.

The Town of New Glasgow

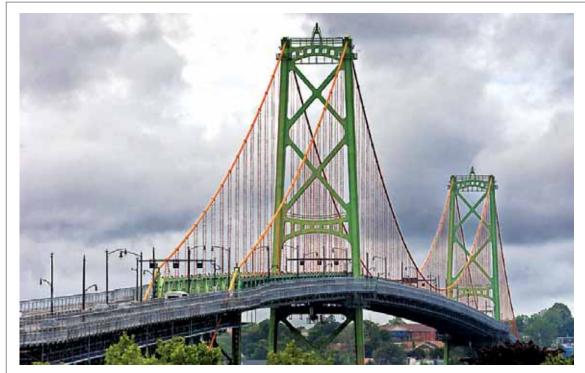
had been told about the bear by a resident who saw it at the Off Leash Dog Park, located across from the former John Brother MacDonald Stadium.

While they try to relocate bears if possible, Nunn said sometimes they are forced to euthanize the bear.

NEW GLASGOW NEWS



metronews.ca NEWS 07 Tuesday, July 22, 2014



# Macdonald Bridge closing overnight for survey work

The Macdonald Bridge as seen from Dartmouth on Monday. The bridge will be closed to vehicular traffic on Tuesday and Wednesday from 11 p.m. to 5:30 a.m. the next day for survey work that is needed for the suspended spans redecking project. Halifax Harbour Bridges says that if a third night is required it will take place Thursday from 11 p.m. to Friday at 5:30 a.m. The bike lane and sidewalk will remain open throughout this time.

# RCMP continue to search for canoeist

**Missing.** Police say man wasn't wearing life-jacket

DESIREE FINHERT

As RCMP continue to search

As ROMP continue to search for a missing canoeist in the Northumberland Strait they are reminding the public to wear life-jackets around the water

RCMP say two men were in a canoe at the Old Breakwater in Bayfield in Antigonish County, when the canoe tipped over, dumping the two men into the water around 5:30 p.m. Sunday.

Police say neither were wearing life-jackets and life-jackets were not on-board.

"The message is that you have to have life-jackets on-board," said RCMP spokesman Sgt. Alain LeBlanc. "You do not have to wear them,

#### Water safety

The missing person case comes as the Life Saving Society of Nova Scotia is also promoting the use of life-jackets during National Drowning Prevention Week between July 20 to 26.

but you do have to have them on-board. From experience, I know that life jackets save lives" LeBlanc explained a 28-year-old man was able to swim to shore, but the 35-year-old man has not been found yet.

"As this point it is a missing person's case," said Le-Blanc.

"Our hope is to find him as soon as possible."

Local fire services, RCMP divers and residents are in boats searching the water and the shoreline. A DNR helicopter will be assisting in the search.

# Impaired driving charges laid in Hwy 103 crash

A 40-year-old man from the South Shore has been charged with impaired driving after a head-on crash on Highway 103 on Sunday.

Lunenburg RCMP report a green Ford Escape was travelling westbound when it crashed into a Mazda vehicle between Exits 10 and 11, around 5:40 p.m.

#### Court date

The 40-year-old man is scheduled to be in Bridge-water provincial court on Sept. 3.

"The impact was fairly severe and there was damage to both vehicles, but thankfully the drivers only sustained minor injuries," Staff Sgt Jean-Guy Richard said Monday. RCMP, Blockhouse and Mahone Bay fire departments and Emergency Health Services (EHS) responded.

The 40-year-old Watford man and the 26-year-old woman, who was driving the Mazda, were both sent to South Shore Regional hospital with non-life threatening injuries, and released.

After being released from hospital, police say the man was taken into RCMP custody, to the Cookville RCMP Detachment where he provided breath samples before being released.

DESIREE FINHERT/FOR METRO

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metronews.ca Tuesday, July 22, 2014 metr⊕ **NEWS** 

# **RCMP: Mike Duffy** used tax dollars for personal travel

# 'Illegitimate expenses.'

New court filing alleges suspended senator filed expense claims for aging to funerals, ceremonies

The RCMP has provided fresh details of its 31 fraud charges against Sen. Mike Duffy, accusing him of charging taxpayers for personal travel to funerals and providing payments for "illegitimate expenses" to four people.

A new court filing alleges "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

Duffy is accused fraudulently awarding \$65,000 contract to his longtime friend Gerald Donohue. The RCMP allege that Donohue, in turn, paid some of that money to three other people, including a personal trainer.

Donohue has already told investigators that he did "no tangible work" for the money, the RCMP has said.

The court documents allege that Duffy filed eight separate expense claims that the RCMP says involved personal or partisan travel. The claims were filed from June 2009 to September 2012.

The RCMP announced last week that it was char-



ging Duffy with 31 criminal counts related to his expense claims, accusing him of misspending more than \$200,000.

The charges stem from the disgraced senator's housing and travel expenses, and a \$90,000 payment from Nigel Wright, the former chief of staff to Prime Minister Stephen Harper.

Duffy has denied any criminal wrongdoing. He could not be immediately reached for comment Monday on the new documents.

Conservative-appointed senator will appear in court on Sept. 16.
The NDP's Peter Julian

says as more details emerge about Duffy's alleged crimes, the questions reach all the way to Harper's office. He says it's time for the prime minister to "come clean."

THE CANADIAN PRESS



# All work and no play makes Rob a dull mayor

Toronto Mayor Rob Ford climbs a play structure as he attends the reopening of Woburn Park in Toronto on Monday. Charges were dropped Monday against the man who in spring 2013 tried to arrange the sale of a video that appeared to show Ford smoking crack cocaine. STEVE RUSSELL/TORSTAR NEWS SERVICE

# Michigan

# **Black-and-white** is the new orange

A Michigan sheriff says he's trading orange jumpsuits for black-andwhite stripes for his jail inmates, in part due to pop culture.

Saginaw County Sheriff William Federspiel says that all-orange jumpsuits are increasingly viewed

as fashionable, as they're seen on TV in places such as the Netflix prison show Orange Is the New Black.

Federspiel says "some people think it's cool to look like an inmate of the Saginaw County Jail with wearing all orange jumpsuits out at the mall or in public." He says inmates sometimes work in public, and he doesn't want there to be any confusion.

THE ASSOCIATED PRESS

# Quebec

# Montreal-area mayor dies after wasp attack

The mayor of a Montrealarea community has died after being stung by wasps.

Municipal authorities in La Prairie say Mayor Lucie F. Roussel passed away in hospital on Sunday.

A spokeswoman for the

town said Roussel, 51, was not allergic to wasp stings.

"She was stung on several parts of her legs about 15 times, from what we think," Chantal Charron said Monday.

"She was overcome by the number of stings. When the ambulance technicians arrived, they tried to give her (an adrenalin injection) but they couldn't save her.

THE CANADIAN PRESS

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Tuesday, July 22, 2014

NEWS
09

# Rebels cave to pressure and release plane-crash bodies

# International outcry.

Anger in West mounts at rebels and presumed allies in Moscow

Bowing to international pressure, pro-Moscow separatists released a train packed with bodies and handed over the black boxes from the downed Malaysia Airlines plane, four days after it plunged into rebel-held eastern Ukraine.

With body parts decaying in sweltering heat and signs that evidence at the crash site was mishandled, anger in Western capitals has mounted at the rebels and their allies in Moscow. Their reluctant cooperation will soothe mourning families and help investigators, but may do little to reconcile the East-West powers struggling over Ukraine's future.

Russia's Defence Ministry said Monday it saw no evidence a missile was fired and denied involvement in the downing of Flight 17 — and suggested the Ukrainian military was at fault. President Vladimir Putin spoke out but showed no sign of abandoning the separatists as fighting flared anew near the site of the crash.

U. S. President Barack Obama accused the rebels of tampering with evidence and insulting victims' families, warning of new sanctions. Europeans will consider their own sanctions Tuesday.

The bodies of the 298 victims, most from the Netherlands, have become a part of the conflict in Ukraine because they could hold evidence of what brought the plane down on July 17 as it was flying from Amsterdam to Kuala Lumpur.

Grief turned to anger as families begged to get the bodies of their loved ones back, while the separatists held on to the remains.

"Bodies are just lying there for three days in the hot sun. There are people who have this on their conscience," said



Deputy head of the OSCE mission to Ukraine Alexander Hug, background centre, accompanied by members of Netherlands' National Forensic Investigations Team guarded by armed pro-Russian fighters, walk on the platform Monday as a refrigerated train loaded with bodies of the passengers departs the station in Torez, eastern Ukraine, 15 kilometres from the crash site of Malaysia Airlines Flight 17. EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Silene Fredriksz-Hoogzand, whose son, Bryce, and his girlfriend Daisy Oehlers died on their way to a vacation in Bali, in an interview with The Associated Press in the Netherlands. "When I am in my bed at night, I see my son lying on the ground ... They have to come home, not only those two. Everybody has to come home." The associated press

Quoted



"The Kremlin may not have pulled the trigger but it certainly loaded the gun and ... put it in the murderer's hand. Russia is not fooling anyone."

Foreign Affairs Minister John Baird, announcing Canada's intention to slap sanctions over Russia's continuing military actions against Ukraine. Russia has denied any involvement in the downing of MH17 and Russian President Vladimir Putin has said the disaster should not be used to further political goals in eastern Ukraine. But Baird said no one believes what Russia has to say about the incident, and that Putin bears ultimate responsibility.

# Gynecologist filmed pelvic exams, Johns Hopkins to pay \$190M fine

Johns Hopkins Health System in Baltimore will pay \$190 million to more than 8,000 women whose bodies may have been videotaped or photographed by a Baltimore gynecologist who used a penlike camera during pelvic evams

Dr. Nikita Levy was fired in February 2013, days after a co-worker alerted hospital authorities about her suspicions and he was forced to turn over the camera. He committed suicide 10 days later.

Investigators discovered roughly 1,200 videos and 140 images stored on a series of servers in his home.

"All of these women were brutalized by this," said the women's lead attorney, Jonathan Schochor.

"Some of these women needed counselling, they were sleepless, they were dysfunctional in the workplace, they were dysfunctional at home, they were dysfunctional with their



mates. This breach of trust, this betrayal — this is how they felt "

The settlement is one of the largest settlements on record in the U.S. involving sexual misconduct by a physician, and all but closes a case that never produced criminal charges but threatened the reputation of one of the world's leading medical institutions.

Lawyers said thousands of women were traumatized, even though their faces were not visible in the images and it could not be established with certainty which patients were recorded or how manv.

Hopkins said insurance will cover the settlement, which "properly balances the concerns of thousands of plaintiffs with obligations the Health System has to provide ongoing and superior care to the community."

"It is our hope that this settlement — and findings by law enforcement that images were not shared — helps those affected achieve a measure of closure," the hospital statement said, adding that "one individual does not define Johns Hopkins."

Hospital authorities called Baltimore police just before Levy's firing. Police and federal investigators said they found no evidence he shared the material with others.

A class-action lawsuit on behalf of more than 8,000 of his patients who contacted lawyers was brought against Johns Hopkins last fall, alleging the hospital should have known what he was up to. The associated press

# Truce elusive. Israel, Hamas stick to positions and fighting intensifies

The top Hamas leader in the Gaza Strip signalled Monday that the Islamic militant group will not agree to an unconditional ceasefire with Israel, while Israel's defence minister pledged to keep fighting "as long as necessary" — raising new doubt about the highestlevel mediation mission in two weeks.

U.N. chief Ban Ki-moon and U.S. Secretary of State John Kerry were heading to Cairo on Monday to try to end the deadliest conflict between Israel and Gaza's Hamas rulers in just over five years.

Meanwhile, cross-border fighting continued unabated, with Israeli strikes leaving entire families buried under rubble and Hamas militants firing more than 50 rockets and trying to sneak into Israel through two tunnels, the latest in a series of such attempts.

THE ASSOCIATED PRESS

## Florida town shocked

# Police officers tied to KKK: Report

Residents of Fruitland Park, Fla., are stunned by an investigative report linking two city police officers with the Ku Klux Klan, the secret hate society that once was violently active in the area.

Violence against African-Americans permeated the area more than 60 years ago, when the place was more rural and the main industry was citrus.

These days, the town of fewer than 5,000 residents has been infused by thousands of wealthier, more cosmopolitan retirees.

Those who live in the community, which is less than 10 per cent black, have reacted with shock and disgust, the mayor said.

THE ASSOCIATED PRESS

metr⊕ **NEWS** metronews.ca Tuesday, July 22, 2014

# Coastal disaster.

# Typhoon Rammasun death toll eclipses 130

A typhoon that barrelled into north Vietnam killed at least 11 people and left several missing, while China's death toll from the strongest storm to hit the country's southern border in four decades rose to 26, destroying tens of thousands of homes.

Rammasun Typhoon made landfall in Vietnam over the weekend, trig-gering heavy floods, destroying homes and crops, and blocking roads with landslides, said the Vietnam News, an English-language daily published by the official Vietnam News Agency.

The paper's website carried photos that showed streets and local markets in the city of Lang Son and elsewhere submerged in water, with residents floating on rubber tires or rafts or huddling under makeshift tents.

It was the strongest typhoon to hit China's southern region in 41 years, damaging roads and ports,

**RBC Royal Bank** 

cutting water supplies, and hampering rescue efforts as it swept through dozens of coastal cities.

Rammasun had earlier battered southern China, killing 26 people and destroying tens of thousands of homes, according to China's official Xinhua News Agency.

The typhoon also wreaked havoc in the northern Philippines last week, leaving 94 people dead. THE ASSOCIATED PRESS

#### nmasun strikes China

China's island province of Hainan was hit the worst.

Path of destruction. 51,000 homes have been devestated, while over 40,000 hectares of crops have been destroyed, leaving many homeless and trying to survive.

## Water bandits

# **Outlaws** threaten India's villages

Armed bandits in droughtstricken northern India are threatening to kill hundreds of villagers unless they deliver 35 buckets of water each day to the outlaws in their rural hideouts.

Since the threats were delivered last week, 28 villages have been obeying the order, taking turns handing over what the bandits are calling a daily water tax, police said Monday.

"Water itself is very scarce in this region. Villagers can hardly meet their demand," said officer Suresh Kumar Singh.

Last week, the bandits sent messengers to tell villagers they would be shot dead unless they provided the water, said Bagwat Prasad, from the local charity group that works on water issues.

"Any request from Balkhariya gang members is an order," said Prasad. "No one can dare to say no." THE ASSOCIATED PRESS



# Reserve crashes poaching party

# **Conservation efforts.**

South African park plans to move select rhinos to protect them from poachers

Kruger National Park in South Africa is considering a plan to "spread the risk" by moving some rhinos out of the flagship wildlife reserve to thwart further poaching.

The park's goal is to move its rhinocereses to other game reserves, as Kruger been made on the proposal and there is no guarantee that other parks are safe.

Many poachers cross into Kruger from neighbouring Mozambique, and they are often able to elude ranger teams that operate with limited aerial surveillance across the 19,485-squarekilometre park.
About 560 rhinos have

been poached in South Africa in 2014, and well over half were killed in Kruger park in the northeastern part of the country, the national parks service said.

so far this year, while five poachers, including one who was injured in a firefight with an anti-poaching patrol, were arrested at a game reserve in KwaZulu-Natal, a South African news agency quoted police as saying Sun-

South Africa, which has 70 per cent of the world's rhinos, lost a record 1,004 of the animals to poachers in 2013, according to government figures.

Conservationists that a tipping point could come as soon as next year when rhino deaths exceed

# park is heavily targeted by About 160 suspected poachers have been arrested poachers. No decision has births. The associated press Online ad connected to AND MAY THE BEST BANK WIN. double murder: Police TAKE THE RBC® BANKING STATEMENT CHALLENGE'.

A pregnant teenager was strangled and her boyfriend was decapitated after apparently connecting with a stranger through an online service for a sexual encounter, police said Monday.

The police chief in the Michigan town of Wyoming said that 18-year-old Brooke Slocum, who was eight months pregnant at the time, was held captive before her death. Her body was later found Thursday in the trunk of the suspect's car.

Chief James Carmody said her boyfriend, Charles Oppenneer, 25, was found decapitated in a park a day earlier. His head has not been

Emails indicate that Slocum connected with the suspect, 31-year-old Brady Oestrike, through an advertisement on the online service Craigslist and arranged a sexual encounter in which Oppenneer would be present, according to the case's investigators.

Police got a search warrant for Oestrike's home, and he fled. He fatally shot himself after crashing his car, after which police found Slocum's body in the trunk of the vehicle.

Investigators collected at least 400 items from Oestrike's home, including firearms, ammunition and knives. They also seized a number of electronics items and possessions from both

THE ASSOCIATED PRESS



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metronews.ca Tuesday, July 22, 2014 **BUSINESS** 



# Shark! There's big money in the water

# Duun-dun duun-dun.

Spotting of great whites off Cape Cod means entrepreneurs cash in on sharkrelated merch

Its reputation as a man-eating predator aside, the great white shark is emerging as a boon for tourism on Cape Cod, the Massachusetts peninsula popular among beach combers. Unlike the classic thriller Jaws, in which one of the animals terrorizes a small island, the sharks that have been spotted in growing numbers are stirring more curiosity than fear and a buying frenzy for shark-related merchandise.

Shark T-shirts are everywhere. Jaws has been playing in local movie theatres and boats are taking more tourists out to see the huge seal population that keeps the sharks coming. Harbourmasters have issued warnings but - unlike the sharks in the movies — the great whites generally are not seen as a threat to swim-

Among the entrepreneurs is Justin Labdon, owner of the Cape Cod Beach Chair Company, which began selling shark-themed T-shirts after customers who were renting paddle boards and kayaks began asking whether it was safe to go to sea.

The T-shirts, hoodies, hats, belts, dog collars and other accessories bear the iconic, torpedo-shaped image of great whites.

THE ASSOCIATED PRESS

# Staycations hot this summer, survey says

quarter of Canadians won't be travelling this summer, with budget concerns keeping them close to home.

The survey by digital offers website RetailMeNot. ca says the high price of gas and accommodations are the top reasons for keeping 23 per cent of Canadians at home, followed by high air

Just seven per cent say they'll be travelling overseas this summer.

And 28 per cent plan to limit their spending on summer travel and transportation to \$100 or less.

But the survey found that Canadians will spend \$100 to \$300 on alcohol during their summer holiday, while 60 per cent will spend under



\$200 on food.

Canadians do appear to like camping, regardless of how much money they make, with 40 per cent of

\$100,000 a year or more saying they are heading to the woods this summer.

Just 16 per cent of consumers are using coupon sites to save money on things like rental cars, hotels or airfare, according to the survey.

The online pool was conducted on July 2 and 3 among 1,004 adult Canadians who are Angus Reid Forum panelists.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population like traditional telephone polls. THE CANADIAN PRESS

# Montreal

# Some Jacob stores may live on

Insolvent womenswear retailer Jacob Inc. has been given another month to develop a restructuring plan that could keep some of its stores open.

"All the details regarding the number and location of stores that will remain open are still being discussed so I am unable to provide more details at the moment," a spokeswoman said via email. THE CANADIAN PRESS

# Report

# **Supplier in China** sold expired meat to McD's, KFC

McDonald's and KFC in China faced a new food safety scare Monday after a Shanghai television station reported a supplier sold them expired beef and chicken.

The companies said they immediately stopped using meat from the sup-plier, Husi Food Co., Ltd. THE ASSOCIATED PRESS

# Market Minute



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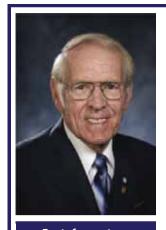


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Sincerely, Mel Boutilier C.M, O.N.S.

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# SHOULD YOUR FIRST DATE BE YOUR LAST?

First dates are always nerve-racking; they have all the anxiety of a big job interview but with a lot more sexual tension. It's exhausting just thinking about all of the effort involved when it comes to finding someone to go out with you, pick an appropriate venue, decide on a nice outfit that isn't trying too hard, and —perhaps the biggest challenge of all—figure out how to carry a conversation with a complete stranger.

George Moufarrej, a leading relationship expert and author of the book Sexual Euphoria, says most of us know what not to say on a first date, but coming up with a variety of suitable talking points is a bit of a challenge.

We all know what topics are off limits your crazy ex, overbearing mother, irritating foot fungus — but what's the best way to fill the conversational void and avoid those excruciatingly awkward silences?

The best way to get to know someone on a first date is to talk about things that you know a lot about, says Moufarrej. "There's



**Jessica Napier** metronews.ca

a second date.

What sort of relationship are you looking for? You prob-

ably shouldn't discuss how many children you want over appe-

a big chance that your date might have the same interests or hobbies as you. Your goal should be to make a connection with your date on at least But while bonding over a mutual love of

long-distance running or ramen noodles might keep the dinner dialogue moving along, it's not necessarily going to help you figure out if your date is someone worth pursuing after the cheque arrives. How do you decide if he or she is just a good friend, a fun fling or a potential soul-

Moufarrej says there are three thought-provoking questions everyone should ask on a first meeting, in order to assess romantic compatibility and determine whether there should be

tizers, but it is important to clarify your relationship expectations right away in order to avoid disappointment down the road. If your dinner date is interested in hooking up, and you're hoping to find a monogamous mate for a long-term commitment, then clearly you aren't an ideal match.

What qualities do you look for in a significant other? Are you searching for a feisty, independent partner who challenges you, or do you need a nurturing companion who offers unwavering support? Asking your date about what characteristics he or she likes and dislikes in a partner will help gain some insight into the type of person they're looking for and whether or not you're the right fit.

What are your goals in life right now? Asking about shortand long-term goals can help you get to know your date on a deeper level and potentially uncover some shared interests and priorities (or some major red flags). Find out about his or her aspirations for the future and consider whether those align with your own ambitions.

# **ALL GREENS NECESSARY**



# **Recycled urine** could lettuce grow food on Mars

Astronauts on the moon and Mars could soon have fresh food to eat, thanks to a radical new space greenhouse.

German researchers are testing the system, which uses recycled urine to manufacture

The system is being developed at the German Aerospace Center in Bremen, and is called EDEN (Evolution & Design of Environmentallyclosed Nutrition sources).

Funded by the European space Agency, the greenhouses

## This plant is my only pal

"It will also enable us to study the psvchological influence of plants on human isolation."

DLR research engineer Lucie Poulet, whose team will test a greenhouse module at the Neumayer Station III in Antarctica, where the winter team stays in total isolation for nine months in a row in a hostile environment in 2016-2017

will contain combined lifesupport systems which use recycled urine to manufacture fertilizer, helping to grow

vegetables for a lunar and Mars environment.

This research initiative focuses on bioregenerative life support systems, especially greenhouse modules and technologies for future human habitats in remote locations in space (the Moon, Mars) and on Earth (Antarctica), the team say.

"Naturally, space travel is interesting in itself, but it is equally important for us to be involved in this project in order to demonstrate that our technology is the light system of choice for plant science research," said Christopher Steele of Heliospectra, which manufactures the LED lights in the system. DAILYMAIL.CO.UK

METRO NEWS APP

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In this issue, you can find AR enhancements on page 13 in Scene and page 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

- 1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
- 2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar
- 3. Voilà! You should see the AR in action like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

## MetroTube

# Why can't the future be like this?



**ANDREW FIFIFLD** 

Internet advertising. The worst, right? Auto-playing videos. Wildly varying volumes. Weeks-long relationships with creepily intimate sidebar ads. But the bills must be paid, so the ads aren't going anywhere.

But the experience doesn't have to be so grating, and we once again turn our eyes to Japan to teach us what's possible. Granted, this chewing gum commercial wasn't designed for the web, but isn't the model there? Utterly bizarre, a little frantic and short enough to be an Instagram post. Oh, yeah... there's a cat. too. In a just world, this would be the future. (Lotte/YouTube)



SCREENGRAE



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# Weird Al is Mandatory Fun of the moment

Parody album debuts at No. 1. Comedian conquers the charts with eight music videos in eight days

Attention pop stars: If "Weird Al" Yankovic shows up at your concert or has tracked down your personal email address, you're likely his next parody conquest.

Such was the case for artists like Pharrell and Iggy Azalea, who are covered by Yankovic in his latest album, Mandatory Fun.

For his 14th studio effort, released last week, Yankovic had his heart set on Williams' No. 1 smash Happy. When he didn't hear back from Pharrell's camp, he decided to go straight to the source.

"I somehow got Pharrell's home email address — I won't say how — and I emailed him and asked if I could do the parody," recalled the 54-year-old comedian. "He couldn't have been nicer and he said he was honoured to have me do the parody."

Sometimes a face-to-face plea was necessary. Yankovic flew to Denver and waited backstage at Azalea's concert to get permission to use her summer hit Fancy.

"I talked to her as she was literally walking offstage. I introduced myself, 'Hi. I'm Weird Al Yankovic and I would love to do a parody of Fancy," he said. "The next morning I was in the studio recording."



Yankovic's efforts paid off: Billboard reported that Mandatory Fun debuted at No. 1 — his first — this week with more than 80,000 units sold. That's almost double the amount his last album, Alpocalypse, sold in its debut week in 2011.

In a recent interview, Yankovic discussed the surprise success of his new album — which also features covers of Robin Thicke's Blurred Lines and Lorde's Royals — and the accompanying music videoturned-viral hits.

# Can you believe the album's initial success?

This has been an amazing week. I can't even tell you. I have been doing roughly the same thing for many, many

# AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear Weird Al Yankovic skew Canadian Robin Thicke's Blurred Lines with his grammar-based take called World Crimes!



→ See the full instructions on Metro's Voices page.

years, and this is the best week of my life in terms of, like, the response from people. It's just insane and it's extremely gratifying. It's hard for me to wrap my head around (it).

# Unlike other parodies, you've never gone the mean-spirited route.

I'm a fan like everybody else. When I do my parodies it's not meant to mock these people. It's not meant to belittle them or make them look bad. It's an homage. ... I don't think you need to be hurtful to be funny.

# Who's next on your parody wish list?

Even if I knew I couldn't tell you. But after I've mastered an album and it's done and in the can I really shut my brain off. I don't think about parodies for a while.

# What about Beyoncé? You have yet to cover her music. She's on the list I'll get

She's on the list. I'll get there eventually because then they will say, 'Oh you did a Beyoncé.'

THE ASSOCIATED PRESS

#### DVD reviev



## Transcendence

Director. Wally Pfister

Stars. Johnny Depp, Morgan Freeman

 $\bullet$   $\bullet$   $\bullet$ 

What Wally Pfister's Transcendence has going for it is evolution rather than revolution: The real and advancing dread that we're slowly losing our humanity as we embrace all things plugged-in and online. The dawn of sentient computers — the "transcendence" of the title — may truly be upon us, and it's not a good feeling. So frets first-time director Pfister, best known as Christopher Nolan's director of photography. He's assembled a good cast, a few strong images and a workmanlike script to craft a cautionary tale that is at once visionary and myopic. Johnny Depp is Dr. Will Caster, a leading researcher in artificial intelligence who is close to making a breakthrough. Morgan Freeman and Paul Bettany also star. An ambush by an antitechnology group sets in motion events that will not only drastically change Caster's existence, but that of everybody on Earth. Transcendence follows such a predictable path, it's almost as if - shudder - it had been made by very thoughtful robots.

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# Jolie and Pitt to reprise lover roles in a romance penned by Jolie

Angelina Jolie's second film as a director, Unbroken, is slated for Oscar season this year, but that's so far away, so let's all talk about her third film as a director instead, even though it doesn't exist yet. Jolie will direct herself in a romantic drama called By the Sea from a script that she wrote.

Seems a bit selfish, honestly. And I don't want to suggest that nepotism is in play here or anything, but she cast Brad Pitt as her co-star. It'll be the first time they've acted together since Mr. and Mrs. Smith, and it provides for plenty of jokes about Pitt liking Jolie ordering him around. So we all win.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

#### The Word

# No peace for Gomez after her plea for Gaza prayers



| NED | EHRBAR | Metro World News in Hollywood

Selena Gomez learned the hard way that her diehard fans won't necessarily stand by her when she strays into politics and current events. The singer and former Disney star posted an Instagram image reading, "Pray for Gaza," tenderly dipping her toe into the arena of the Isreal-Palestine conflict debate. Easy there, Gomez. The response from her followers



was swift, picking fights with Gomez and each other and threatening to unfollow her. In response to the backlash, Gomez posted another Instagram photo — apparently her preferred method of communication — this time of some stock photo of a meditating woman with the caption, "And of course to be clear, I am not picking any sides. I am praying for peace and humanity for all!"

# Forget casting calls, NPH just tweets for roles

Twitter is quickly replacing all forms of communication, including personal correspondence. Case in point: Neil Patrick Harris says he recently wrote a letter to American Horror Story creator Ryan Murphy expressing his interest in being in the hit series. Murphy's response, though, came not in a letter but via Twitter: "(O) f course you can be on Freak Show! I have a role I think



you'd love." Maybe Harris will get back to him via Instagram.

#### Twitter



@kylieminogue WOW WOW WOW #WOW!!!



#### TomDalou1084

Scary to emergency land in RUS after recent events, yet no word on what problem is after hour surrounded by fire engines #VirginAtlantic



@**kathygriffin** I taught Will Smith everything he knows

# Milo Domestic Short Hair

Sweet 8-year-old Milo has been through some challenges after her owner was unable to afford her care when she had to have several rotten teeth extracted. Nevertheless, she is adapting to the change in her living situation. Milo is calm around other cats and friendly and playful with volunteers and visitors. If you distract her with a toy you can

tic
lair

o has been nges after e to afford ad to have extracted. adapting to ng m around ly and playful visitors. If you

enjoy her curious energy. **Please visit darling Milo today...** she needs a new place to call her forever home.

For more information on **Milo** and other adoptable furry friends, visit **www.pas.spcans.ca** or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

# This love has taken ... Levine off the market

Adam Levine is off the market. The Maroon 5 singer and Voice judge and model Behati Prinsloo tied the knot in an "informal and lovely" ceremony in Cabo San Lucas over the weekend, according to E! News. In lieu of gifts, the couple reportedly asked their 100 or so guests to make donations

to Children's Hospital Los Angeles. The ceremony itself was officiated by Jonah Hill. "Jonah was hysterical. He was telling so many jokes, but then in the middle would be so sweet and sincere," a source says. "He also talked about how sweet Behati is and how perfect they are for one another."



# Instagram says there'll be no more babies for this Newlywed

All that she doesn't want is another baby.

Newlywed Jessica Simpson posted a slew of Instagram photos from her honeymoon, including a pic cradling the infant son of pal Kathryn Sykora along with the caption, "I love you Jack, but I do not want another!"

Simpson, who wed Eric Johnson in a lavish, \$1.4 million Santa Barbara ceremony earlier this month, is already a mother to tykes Maxwell, 2, and Ace, 1.



metronews.ca Tuseday, July 22, 2014 LIFE 15



# SUMMER HEALTH MYTHS BUSTED

Dr. Christian Jessen, a celebrity health expert in London, lets Metro readers in on what to believe and what to ignore when it comes to all things summer

ROMINA MCGUINNESS, METRO WORLD NEWS IN LONDON

DO A CROSS ON A MOSQUITO BITE WITH THE EDGE OF YOUR NAIL

# TRUE



Yes, it can make it less itchy. Saliva is another one — spit on the bite and rub.

Otherwise, you just have to try really hard not to touch it. The more you scratch a mosquito bite, the more histamine — which is what causes the swelling and itching — is released."

THE DARKER YOUR SKIN, THE LOWER YOUR SPF



The darker your skin the more natural melanin protection you have — yes. But whatever the colour of your skin, ultraviolet (UV) radiation is going to damage DNA, and cause premature ageing. Use the highest SPF you can get because by the time you've smeared it on and been for a swim, a factor 50 is more like a factor 30.



DISINFECT SMALL CUTS AND WOUNDS IN THE SEA

TRUE



water has great antibacterial properties: it's slightly anaesthetic, and antiseptic. That said, there is a lot of crap in the sea, so it depends where you are... But it's so salty that it's normally OK if you're dealing with a minor cut, or need to clean out something like an infected piercing.

SMOTHER YOURSELF IN TOOTHPASTE TO COOL YOUR SKIN AFTER A SUNBURN



A sunburn is basically a delayed hypersensitivity reaction involving histamine; your skin has just been made raw and sensitive — do not go and put toothpaste — actually an irritant — on it. Take some antihistamines this won't help with any underlying

sun damage,

but it will

help calm

you down.



BEING IN THE SUN WILL HELP CLEAR YOUR SKIN





Sunlight doesn't help with acne, unfortunately. It covers and masks it, but that's only because you're more tanned and can't see the redness of your spots so much. Your skin may feel smoother, but that's probably because you're on holiday, eating better and relaxing; therefore less prone to the sort of breakouts a hectic city life would trigger.





metr⊕

# One slurp and you'll never want to go back to the canned variety

# Show tomatoes of all sizes a líttle bit of love



**NUTRI-BITES** Theresa Albert DHN, RNCP myfriendinfood.com

Tomato, to-mah-toe. There is nothing like summer heat to make you blush ruby red. All tomatoes from heirloom and cherry to plum and beefsteak have their right-

ful place on the plate. Brimming with vitamin C and lycopene, they are delicious sliced with a sprinkle of sea salt, but they are even better roasted.

When the crop gets too much, put your oven or barbecue to good use by turning this fruit into a sweet, soft spread. The larger and more watery varieties take longer to bake into a soft, pulpy condiment than the cherry varieties but the method is still the same.

Place the tomatoes on a baking sheet, drizzle with extra virgin oil, sprinkle with salt and roast until they are smooth and

brown. That's it! Mash the roasted tomatoes with a fork or slip off the skins and leave as is.

They store well in the fridge for up to a week and can be used as an addition to anything your palate desires.

Try them as:

- flavouring base for pizzaflavouring for soups and
- seafood chowders
- · topping for pasta
- topping on grilled French or Italian bread, with capers, olives or mozzarella, for an appetizer
- sauce, when thinned with broth, with boneless chicken breast or grilled steak
- · sauce for skillet-fried potatoes seasoned with rosemary
- · sauce for brunch ome-

You can't miss! If you want to bump it up even further, roast with whole garlic cloves and squeeze from the skins into a zestier goo. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO, SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# **Roasted Tomato Soup.**

Whether you try this dish hot or cold, its richness will satisfy

# ALBERT

This recipe freezes well and can be pulled into action in a snap for a quick summer meal.

All you need is a platter of cheese and some crusty bread.

This soup does just as well hot as it does cold; be brave and add some hot sauce!

1. Preheat oven to 425 F. Place tomatoes on sheet pan lined with parchment and drizzle with oil and sprinkle with salt. Break garlic head into quarters and add to sheet. Place in oven and roast about 20 minutes.

- · 8 medium plum tomatoes
- 1 tbsp extra virgin olive oil (and extra for frying)
- Pinch salt • 1 head garlic
- 1 cup grated Parmesan cheese
- 1 onion, chopped • 1 can refried beans
- 1 tsp dried oregano
- 1-3 cups chicken broth



This recipe serves four. THERESA ALBERT

- **2.** Divide cheese into 4 piles on separate baking sheet and bake on top shelf until bubbling, 10 minutes. Let cool and crisp up.
- **3.** Meanwhile, heat a skillet and add a little oil to fry onion. Stir in beans and oregano.
- **4.** When tomatoes are soft and starting to brown, allow to cool enough to handle then use paper towel to peel and discard thin, papery skin of tomatoes. Squeeze garlic from skins into blender with tomatoes, blend until smooth. Thin to desired
- thickness with broth.
- **5.** Place 1/4 cup of beans in centre of bowl and pour tomato soup around, adding cheese crisp.

THERESA ALBERT IS FOUND AT MYFRIENDINFOOD.COM

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# You say tomato, I say pasta salad perfection

Many pasta salads start with a great base — perfectly cooked pasta and crisp veg — but fall apart when it comes to the dressing. The perfect pasta salad dressing requires a balance of savoury and tangy with a

hint of sweetness.

Start with sun-dried tomatoes, which provide a deeply savoury flavour. For tang, puree the tomatoes with a mix of mayonnaise and Greek yogurt. Tie everything together with a

tablespoon of brown sugar.

- **1.** Bring pot of salted water to a boil. Add pasta and cook according to package directions. Drain the pasta and spread on a rimmed baking sheet to cool.
- **2.** While pasta cooks, prepare dressing. In blender, combine the sun-dried tomatoes, vin-• 1/2 cup fat-free plain Greek egar, salt, pepper, brown sugar, mayonnaise and yogurt. Blend until smooth, then set aside.
  - **3.** In bowl, combine dressing with cooled pasta, bell pepper, fennel, mozzarella and herbs. For best taste, cover and chill 2 hours. The associated press

# Ingredients

- 16 ounces dried small pasta
- 1/2 cup oil-packed sun-dried tomatoes, drained
- 1/3 cup white balsamic vinegal
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 tbsp packed light brown sugar
- 1/2 cup light mayonnaise
- 1 red bell pepper, cored and diced
- 1 fennel bulb, trimmed and diced
- 8 oz fresh mozzarella pearls • 3 tbsp each chopped fresh
- oregano, thyme, fresh chives

metronews.ca
Tuesday, July 22, 2014

SPORTS 1

## NBL Canada

# Top rebounder to crash the boards for Rainmen

League-leading rebounder Tim Parham has re-signed with the Halifax Rainmen for the 2014-15 season.

The local National Basketball League of Canada franchise announced Monday that a deal has been reached with Parham, who averaged 10 points and 11 rebounds per game last year.

He was also selected to the NBL All-Star Team.

"Tim was clearly one of the best big men in the league last season," Halifax Rainmen owner and president Andre Levingston said in a news release.

"We are extremely excited to have him back in the paint doing the dirty work for us."

The Halifax Rainmen have also already secured head coach Chris Hodges and point guard Cliff Clinkscales to return to their roster for the upcoming season.

Levingston leaves for Los Angeles today to continue talent scouting, according to the news release. KRISTEN LIPSCOMBE/METRO

KKISTEN LIFSCOMBE/METK

# Shakhtar Donetsk

# Players refuse to return to Ukraine

Six South Americans — five Brazilians and one Argentine — have refused to return to Ukraine to play for their football club in the troubled city of Donetsk, risking possible fines and suspensions for breach of contract.

The players remained in France following Ukrainian league champion Shakhtar Donetsk's friendly against Lyon on Saturday. The Ukrainian military is attempting to retake Donetsk in the east of the country from pro-Russian rebels.

"If they don't come then in the first instance they will suffer," the club's billionaire owner, Rinat Akhmetov, said in a statement Monday on the Shakhtar website.

Refusing to fulfil their contracts could cost the players "tens of millions of euros" in compensation payments to the club, he warned.

The players did not return with the team for Tuesday's Ukrainian Super Cup against Dynamo Kyiv.
THE ASSOCIATED PRESS

# BoSox beat up on Blue Jays in Toronto

MLB. Hutchison falls apart early for Toronto, giving up a career-high six runs on nine hits

Drew Hutchison's first 10 pitches were a thing of beauty. The rest of the Blue Jays' night was far from it.

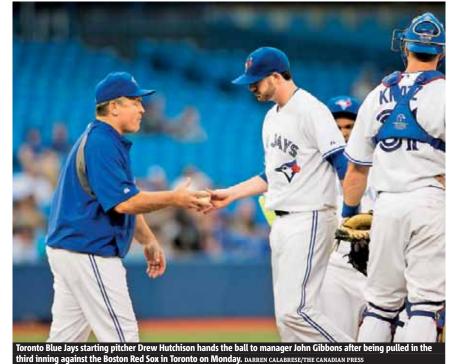
After coasting through the first inning, Hutchison unravelled quickly as he and his Toronto teammates got shelled by the Boston Red Sox in a 14-1 loss Monday night at Rogers Centre.

Hutchison (6-9) allowed six earned runs in less than three innings of work, including a three-run homer by Red Sox shortstop Stephen Drew. The meek offence mustered only three hits, reliever Brad Mills gave up two home runs to David Ortiz and the Blue Jays (51-49) fell to 3 1/2 games back of the American League Eastleading Baltimore Orioles.

John Lackey allowed one run on two hits in seven innings to pick up the victory, his 11th of the season. Third baseman Juan Francisco drove in Toronto's only run off Lackey with a double in the third.

The Blue Jays' brief winning streak snapped at two with their 10th loss in the past 14 games. Before this stretch began, Toronto led the division by a game over the Orioles, who played at the Los Angeles Angels later Monday night.

The 13-run deficit amounted to the Blue Jays' worst loss of the season. The last time



On Monday

14

1

they allowed 14 runs was Aug. 9, 2013, and the last time they were beaten by as many as 13 was April 7, 2013, also against

the Red Sox (47-52).

For a fleeting few minutes, Hutchison had his best stuff. In 10 first-inning pitches he threw nine strikes and sat down Brock Holt, Dustin Pedroia and Ortiz with ease.

In the second, Hutchison went off the rails. Within his first 10 pitches he allowed three hits and a run and gave up another to make it 2-0 Red Sox before the inning was over.

If he were able to stop the

bleeding there, the Blue Jays might've had a puncher's chance against Lackey. Instead, Hutchison came one strike away from getting out of the third inning before falling apart.

By giving up six runs on nine hits — each stat a career high — Hutchison's earned run average rose from 4.16 to 4.54. His home ERA reached 7.71 in his eighth start at Rogers Centre in 2014.

THE CANADIAN PRESS

# Herd adds fresh face to coaching staff



Jon Greenwood of Cole Harbour ha been named assistant coach of the Halifax Mooseheads. Former Cole Harbour WolfPack midget AAA head coach Jon Greenwood has gotten himself a new gig.

He joins the Halifax Mooseheads as assistant coach, and will work alongside head coach Dominique Ducharme and fellow assistant Jim Midgley, the QMJHL franchise announced Monday.

nounced Monday.

Mooseheads general manager Cam Russell said Greenwood caps off the coaching staff for the 2013-14 season.

"I like it a lot," he said Monday of the team he now has behind the bench. "With Dom and Jim, we've got two great

#### The final piece

# "He's a hardworking guy and eager to learn.... We're very happy with our choice."

Mooseheads GM Cam Russell

seasoned veterans behind the

"Bringing in a ... good young coach like Jon Greenwood, I think is going to be very helpful for us," Russell added. "He's a very good communicator (and) he's a smart guy."

Greenwood most recently spent two years as bench boss for the WolfPack, and was subsequently named the Nova Scotia Major Midget Hockey League coach of the year for the 2013-14 season.

He has coached at various levels in Cole Harbour, which include acting as a mentor for former Moosehead and current Colorado Avalanche forward Nathan MacKinnon during the player's minor hockey days.

Greenwood also served as development director at the Maritime Hockey Academy in Dartmouth.

KRISTEN LIPSCOMBE/METRO

metronews.ca
Tuesday, July 22, 2014

# Cochrane leads push in pool

# **Commonwealth Games.**

Olympic medallist preparing mentally for 11-day competition

Ryan Cochrane says spending time in the classroom has helped him better understand what he should be doing in the pool. Applying those lessons in competition has been another matter entirely.

The two-time Olympic medallist recently finished his psychology degree at the University of Victoria, but transferring the knowledge gained from his studies to his swimming hasn't always been easy.

"It's really hard to change internal patterns and what you do on a daily basis," Cochrane said in a recent interview. "What I've learned in psych is to try to be less neurotic and just let things happen and be OK with that process, but that's one of the hardest things."

Cochrane, who will lead Canada's swim team at the Commonwealth Games in Glasgow, added that one of the benefits of learning about the human mind has been the abil-

# AUGMENTED REALITY

→ Scanthe image with your Metro News app to view a gallery of the Canadian team's welcome ceremony in Glasgow.



→ See the full instructions on Metro's Voices page.

ity to take a step back from the high-pressure environment of competition.

"Ås an athlete you want control over everything," he said. "You're trying to better every single precise detail and we're focusing on that one per cent of things we do wrong, but we're doing a lot of things right."

Part of the bigger picture for Cochrane is that at 25, he's entering the twilight of his career.

Now a veteran, Cochrane wants to leave his mark not only on the podium at the Glasgow Games — which open Wednesday and run through Aug. 3 — but also on his young teammates. THE CANADIAN PRESS



Ryan Cochrane competes in the men's 800-metre freestyle at the 2014 Arena Grand Prix of Santa Clara in June in Santa Clara, Calif.

# National basketball team eyes 2016 Olympics



Guard Carl English will be relied upon by the Canadian men's basketball team for his veteran experience on an upcoming set of games in Europe. MAXI FAILLA/AFF/GETTY IMAGES

After failing to qualify for this summer's FIBA World Cup, the Canadian men's basketball team is making sure it's prepared to make a run at the 2016 Olympics.

Canada is in the midst of a three-day training camp in Toronto to gear up for an 11-game exhibition trip through Europe. The goal is to have Canada play competitive teams in hostile environments to try and duplicate the valuable international experience the World Cup would have provided.

"Last year we came up short, we had some injuries, I think it really cost us," veteran Carl

#### Quoted

"To play so many games on foreign soil, against great competition, we might not have got that at the (World Cup)."

Jay Triano on Canada's upcoming road trip

English said Monday. "This year we're taking it the right way. We've got 11 games in 15 days so we're trying to simulate a tournament.

"The ultimate goal is to qualify for the 2016 Olympics."

Canada went 4-4 at last summer's FIBA Americas Championship and fell short of a berth in the World Cup, which runs Aug. 30 to Sept. 14.

So instead, the Canadians will leave Wednesday for a 20-day, four-city road trip. Canada opens Thursday against Slovenia and will also play in Croatia, Italy and Spain.

"We're going to learn a lot of lessons while we're over there, but it's what these players need," said coach Jay Triano. "We need to learn the international game and that's why we picked these countries."

THE CANADIAN PRESS

# Best yet to come

Carl English said teammates in Europe have been inquiring about Canada, especially with players such as Andrew Wiggins and Anthony Bennet headlining the NBA draft.

is in 2016 to be a top 10 team in the world," English said. "I'm not afraid to say the next (Olympics) that will be past my time (2020 in Tokyo), I'd be very disappointed if these guys weren't a medal team. It's fabulous, the young group of talent, and there's more guys coming."

## Winter Games

# Pyeongchang organizer resigns

The head of the organizing committee for the 2018 Winter Olympics in Pyeongchang, South Korea, resigned Monday, saying new leadership is needed to complete preparations. Kim Jin-sun's tenure was scheduled to end in October 2015. THE ASSOCIATED PRESS

## Stevie G

# Gerrard's national team service over

England captain Steven Gerrard announced his retirement from international football on Monday to focus on playing for Liverpool.

The 34-year-old midfielder made 114 appearances for England over 14 years. THE ASSOCIATED PRESS



## Johnny Football

# Manziel's No. 2 is No. 1 in jersey sales

Second on Cleveland's depth chart, Johnny Manziel already tops one NFL list.

The popular rookie quarterback, who will begin his first training camp this week as a backup, had the league's top-selling jersey since April 1. The league said Monday that Manziel's No. 2



outsold all others from April 1 to July 17 on NFLShop.com.
THE ASSOCIATED PRESS

# Swaggy P

# Lakers re-sign Nick Young

Free-agent guard Nick Young has signed a multiyear deal to stay with the Los Angeles Lakers.

Young averaged a careerhigh 17.9 points in his first season with the Lakers playing mostly off the bench. He started nine of 64 games. THE ASSOCIATED PRESS

# AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

# **Horoscopes by Sally Brompton**

# T Aries

March 21 - April 20

The Sun moves into the most creative and dynamic area of your chart today, so expect to be busy. No matter. You do your best work at high speed.

# **Taurus** April 21 - May 21

It may seem as if the whole world is against you but nothing could be further from the truth. It's just the Sun's move into a sensitive area of your chart. Lighten up!

# **∐** Gemini

May 22 - June 21

The planets indicate it will pay you to stay right where you are. An exceptionally busy phase is about to begin, but you must be calm today.

# **9** Cancer

June 22 - July 23

The focus of your life is about to change quite dramatically but that's no bad thing. One thing that is certain to change is your money situation. No more spending sprees!

# **Ω** Leo July 24 - Aug. 23

The Sun's move into your birth sign today kicks off a new solar year and inspires you to pursue excellence in everything you do. Be amazing.

# **W** Virgo

Aug. 24 - Sept. 23

The next few weeks won't always be easy. A lot will depend on your willingness to rise to challenges. Treat life as a game — a game to be won.

# 📤 Libra

Sept. 24 - Oct. 23

You will get the chance to show what you can do today and you must seize it. If you allow such a golden opportunity to pass you by you may spend the remainder of the year kicking yourself.

# **Scorpio** Oct. 24 - Nov. 22

Your self-esteem will receive some kind of boost, making it easier for you to deal with important people. While the powers that be want you to succeed, you must want it too.

# Sagittarius Nov. 23 - Dec. 21

The Sun's change of signs today will broaden your horizons and make it easier to focus on the good things in life. Ideas that never meant much to you before will become a lot more important.

# り Capricorn

Dec. 22 - Jan. 20

From today, you will no longer be satisfied with superficial explanations. Dig beneath the surface. Look behind the scenes. The truth is out there.

# **≫** Aquarius

Jan. 21 - Feb. 19

Find ways to co-operate with people you don't always get along with — your material wellbeing could depend on it.

# **H** Pisces

Feb. 20 - March 20

Something is sure to disrupt your routine today. Go with the flow — chances are it will take you somewhere good.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

39

Across 1. German composer, Carl (b.1895 d.1982) 5. "\_\_\_\_ but…" expert biscuits 9. 13. Ring up in sight 14. 16. Charge card, commonly 17. Old World buffalo is human... 18. " 19. Green hue 20. First-string team member 22."If you wear red tonight..." Beatles song: 3 wds. 24. Rupture 25. Breaks 26. Connector-to-the-Web [abbr.] dixit (Unproven 28. claim) 30. Automaker of Japan 34. Table 36. Khloe K.'s ex 38. Some, Quelques-\_\_ Cot \_\_deal 38. Some, in French: 39. Get \_ \_\_ 40. Mindful 41. Boxing periods

[abbr.]

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47. Dorm type

49. Mr. Affleck

42. Marvin Gaye's "\_\_

43. Slangy "Certainly!"

44. 1960s French pop

45. From that point,

Get a Witness"

50. Quilt's one-ofsome 52. Prefix to 'biography 54. "Four Weddings and a \_\_" (1994) 57. CNN's "State of the Union with Candy 60. Diva's vocal 61. Belonging to

Italy's capital 63. "Able was (Palindrome) 64. \_\_Trucks 65. Icky-sounding plant 68. Weight unit in

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69. Tree-like Tolkien creatures **Down** 

66. Blue-green 67. Antlered animals

2. Tirade 3. Landing-on-water craft 4. Canadian fashion magazine

1. Wood sorrels

5. "Calling Occupants of \_\_Craft" by Klaatu

Brunswick

66

6. Peaty place 7. Bridal bio's 'born' 8. How deli sandwiches are often served: 2 wds. 9. Petitcodiac River village in New

10. Exclude 11. Ms. Lovato

12. Cans 15. Pre-premiere performance: 2 wds.

. 21. Chi 23. Beatles bassist

before Paul 25. Defeated sports

opponent's request! 26. "All I gotta do naturally..."

Country tune bit 27. Comedian Ms. Silverman

29. Vancouver-born actor, Devon

31. Queen Elizabeth I's mother: 2 wds. 32. Change hair

colour again 33. Ex-\_\_. (Hillary Clinton, e.g.)

35. '90s series set in a fictional Pacific Northwest town

starring Michael Ontkean: 2 wds. 37. \_\_ iris (Rainbow,

in Spanish) 46. Train section

48. Couplet 51. Influence

53. Doubly

54. 1980 movie/song

55. \_\_ Mountains (Range in Russia) 56. Mr. Lachey

57. Ms. Winans of gospel music

58. 'E' in QED

62. Beastie Boys

59. Cravings member

# Yesterday's Crossword

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See today's answers at metronews.ca/answers



# Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	2	9	6	4	3	7	1	8
6	3	1	5	7	В	2	4	9
7	8	4	1	2	9	6	5	3
1	7	6	8	9	2	5	3	4
4	5	8	3	6	7	1	9	-2
3	9	2	4	1	5	8	6	7
8	4	7	9	5	6	3	2	1
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